Introduction (5 mins): Start this month’s Get-Together on TRYING OUT by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

Mindfulness Exercise (5 mins): What is here right now?
Curiosity is fundamental to mindfulness, so let’s take a few minutes to practice it. As you sit where you are, what do you notice in your body and mind? This is not about thinking or trying to find answers, but simply inviting a curious attitude to help you get in touch with your full experience.

Gratitude Exercise (10 mins): Something that taught me a valuable lesson
Life is full of all sorts of experiences. One thing that is true of both good and bad times is that they often contain learnings that can help us grow. Bring to mind an experience that taught you a valuable lesson you really appreciate and share it with someone next to you.

CONNECT with others to help us deepen our understanding

Group Discussion (30 mins): Rediscovering the joy of trying something new
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

“Being curious, creative, open to trying out new things and getting absorbed in hobbies and passions helps us to keep our brain in shape and get more out of life. As humans, we have an inbuilt desire to learn, develop, be creative and grow that continues throughout life. And this desire can truly help us to flourish. Learning is not only about acquiring formal qualifications, but more about what interests and excites us. It’s about approaching our lives and what we do day to day with curiosity and a spirit of exploration, being open to trying new things - whether using our heads, bodies or hands”.

Find out more in 10 Keys to Happier Living (Chapter 5): www.actionforhappiness.org/book

Questions for discussion:

- What hobbies or activities did you enjoy most as a child?
- What new things have you tried recently and how did they make you feel?
NEW THINGS NOVEMBER

TAKE ACTION in practical ways to apply what we learn in our lives

Action Setting (10 mins): Make a change and try something new

Think of one small practical thing you can do to carry a bit of what you've explored today into your life. You might like to try one of the suggested actions below. By going around the group and each sharing our action we make ourselves more likely to complete it and inspire each other also!

1) Join a friend while they enjoy their favourite hobby. Take part with them and notice how they engage with it and what makes it so enjoyable for them.

2) Change a habit. Choose an old habit you'd like to stop and a new habit or hobby you'd like to start instead. Consciously prioritise the new activity.

RESOURCES

- Video: Bring on the learning revolution. This TED talk from Sir Ken Robinson calls for all of us to harness our talents for a better world. [https://youtu.be/r9LeiXa3U_I](https://youtu.be/r9LeiXa3U_I)
- Book: Flow - The Psychology of Happiness. Mihaly Csikszentmihalyi's classic work on how being in ‘flow’ can accelerate our learning and happiness.

RESEARCH

- Lifelong learning has effects upon a range of health outcomes; well-being, and recovery from mental health difficulties.
- People who value time more than money tend to be happier and small changes to how we spend our time can make a big difference.

"As long as you live, keep learning how to live"

~ Seneca

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Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: [www.actionforhappiness.org/get-together](http://www.actionforhappiness.org/get-together)